

Year 9

Home Economics

Recipe Book



Tasty Toasties

Ingredients (between 2)

4 slices medium sliced white bread
butter/pufa margarine for spreading

Choice of fillings – ham
cheese
tomato
pineapple

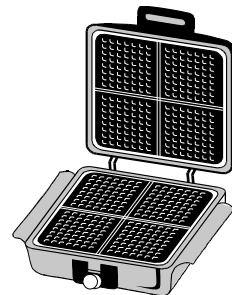
Equipment

chopping board
grater
butter knife
chopping knife
sandwich toaster



Method

1. Preheat a toasted sandwich maker whilst you prepare the sandwiches.
2. Cut the crusts from the bread and spread the slices thinly with butter. Flip the slices over – the filling goes on the unbuttered side – and divide the filling between the two slices. Top with the remaining bread, buttered side outside.
3. Cook the sandwich in the sandwich toaster for about 3-4 mins until golden brown.
4. Cool the sandwiches for a minute, as the filling can be very hot.



Wheaten Loaf

Ingredients

200g wheaten bread ready mix
50g margarine
1 tbsp sugar
150 ml buttermilk

Equipment

baking bowl
measuring jug
wooden spoon
loaf tin
cooling rack

Method

1. Rub margarine into wheaten bread ready mix.
2. Add sugar.
3. Add buttermilk and mix thoroughly using a knife.
4. Turn mixture into prepared loaf tin.
5. Bake in hot oven 200°C or Gas 6 for 35 – 40 mins.
6. Remove from loaf tin and leave to cool.



Apple Sponge

Ingredients

Rich Cake Mixture

50g margarine
50g caster sugar
1 egg
75g self raising flour

Filling

1 large cooking apple
1 tablespoon sugar

Equipment

mixing bowl
wooden spoon
plate
small bowl
fork
spatula
Sieve
vegetable knife
baking tray

Method

1. Preheat oven to 190°C or Gas No 5.
2. Cream margarine and caster sugar until light and fluffy.
3. Whisk egg in a small bowl then beat it into the margarine and sugar mixture.
4. Fold in sieved flour.
5. Wash peel and slice apple, place prepared apples in pie dish, add sugar.
6. Spread cake mixture on top of apples.
7. Place pie dish on a baking tray and cook in a preheated oven for 25-30 mins.



Stir Fry

Ingredients

½ onion
¼ red pepper
¼ yellow pepper
1 tablespoon sweetcorn
2 leaves of green cabbage
1 handful of beansprouts
1 stick of celery
3 tbsp oil
sweet and sour or black bean sauce

Equipment

Each :
vegetable knife
white chopping board
knife and fork
dinner plate
Between 2:
frying pan or wok
wooden spoon
colander

Method

1. Wash vegetables.
2. Prepare vegetables.
3. Heat oil in frying pan.
4. Add vegetables to pan and cook, stirring all the time.
5. Add sauce and bean sprouts at very end and heat through.
6. Serve at once with rice or noodles.





Christmas Shortbread



Ingredients

50g caster sugar
100g butter or margarine
150g plain flour
Caster sugar for sprinkling

Equipment

baking bowl
plate
rolling pin
baking tray
wooden spoon
flour dredger
pastry cutter
palette knife

Method

1. Prepare the oven, gas No 4, 180°C.
2. Grease the baking tray.
3. Cream sugar and margarine.
4. Add in flour.
5. Turn out on to a lightly floured table. Shape into a round. Roll out 0.75cm thick (approx thickness of a jam pot lid). Cut into biscuits.
6. Place on baking tray, well spaced, prick with fork and Place in oven. Bake for 15-20 mins or until pale golden.
7. Remove biscuits from oven. Using a palette knife place biscuits on cooling tray. Sprinkle with caster sugar.



Scones

Ingredients

225g self raising flour
55g butter
25g caster sugar
150mls milk
Fruit Scones – 50g dried fruit
Cherry Scones – 50g cherries

Equipment

Bowl
Measuring jug
Table spoon
Rolling pin
Pastry cutter
Baking tray
Wire cooling tray

Method

1. Heat oven to 220°C or Gas 7.
2. Rub the butter into the flour.
3. Stir in the sugar and fruit (optional).
4. Add milk to make a soft dough.
5. Turn on to a floured work surface and knead very lightly.
6. Pat out to a round 2cm thick. Cut out rounds and place on a baking tray.
7. Bake for 12 – 15 minutes until well risen and golden.
8. Remove from oven and cool on wire cooling tray.



Cheese and Tomato Pizza

Ingredients

Base - 200g S.R. flour
5 ml baking powder
Pinch oregano
25g margarine
125ml semi skimmed milk

Topping -

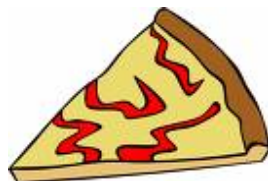
200g tinned tomatoes
75g cheddar cheese
pinch mixed herbs

Equipment

mixing bowl
rolling pin
sieve
grater
knife
teaspoon
tablespoon
measuring jug
flour dredger
pizza plate

Method

1. Preheat the oven to 220°C or Gas Mark 7.
2. Sieve the flour and baking powder into a bowl, add oregano and rub in margarine.
3. Add milk to give a soft but not sticky dough.
4. Divide mixture in half. Knead and roll out to fit plate.
5. Grate cheese.
6. Spread chopped tomatoes over base, add cheese and sprinkle with herbs.
7. Bake for 20-25 minutes until golden brown.
8. Serve with green salad or coleslaw.



Easter Fairy Cakes

Ingredients

135g self raising flour
70g margarine
105g caster sugar
2 eggs
1 tablespoons milk
Vanilla essence
Bun papers (makes 12)

Butter Icing –

100g icing sugar
50g margarine
1/2 teasp yellow food colouring
Mini Eggs to decorate

Equipment

mixing bowl
sieve
spatula
tablespoon
teaspoon
dessertspoon
wooden spoon
bun tray
wire cooling tray



Method

1. Preheat the oven to 180°C, Gas No 5.
2. Place the bun papers in bun tray.
3. Cream margarine and sugar together until light and fluffy.
4. Gradually add beaten eggs.
5. Fold in sieved flour.
6. Place a spoonful of mixture in each paper case.
7. Bake for approximately 15 mins until well risen.
8. Cool on a wire cooling tray.
9. Make butter icing – cream margarine and icing sugar.
Add food colouring and mix well.
10. Decorate fairy cakes.



Fifteens

Ingredients

15 marshmallows
15 digestive biscuits
Cherries
1 small tin condensed milk
Coconut



Equipment

mixing bowl
kitchen scissors
wooden spoon
chopping knife

Method

1. Crush digestive biscuits.
2. Cut marshmallows using kitchen scissors.
3. Chop cherries.
4. Add cherries and marshmallows to digestive biscuits, mix and then add small tin of condensed milk.

